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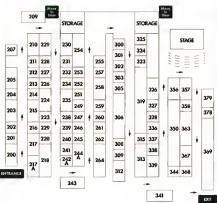
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THURSDAY, APRIL 3, 2013

Port to rebuild playground Flavours on hiatus

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Walkathon for cenotaph 1-year since Kormos death

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INPORTNEWS

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MEDICAL MARIJUANA: Company applies for commercial licence in Port Colborne

Former PM pushing for pot

MARYANNE FIRTH
QMI Agency Niagara

A former prime minister is setting out on a joint initiative.

John Turner, who served as Canada's 17th prime minister from June 30 to Sept. 17, 1984, has put his support behind creation of a commercial medical marijuana grow operation in Port Colborne.

Turner has started working with Muleboom Organics Inc., which has applied for its commercial licence at 482 Pinecrest Rd.

The retired politician, who sits on the company's board,

was at Port Colborne city council Monday night for a public hearing that addressed a city-initiated application for a zoning bylaw amendment.

The application is meant to provide Port Colborne with more control over where medical marijuana facilities, already permitted as an agricultural use, can set up in the municipality.

New federal legislation comes into effect April 1 that regulates larger production, processing and distribution of marijuana.

Turner did not speak dur-

ing the meeting. He instead sat silently in the front row of the gallery as discussions were underway.

But on Tuesday, he expressed his motivation behind his involvement with the company, saying the Muleboom project "makes sense to me."

"The Canadian government's behind it. I think Canadian people understand the merits of it. Besides the odd neighbourhood problem, which I understand, it makes a lot of sense."

See GROW-UP on Page 2



MARYANNE FIRTH/QMI AGENCY NIAGARA

Former prime minister John Turner, a board member with Muleboom Organics Inc., and company president Marc Kealey listen to presentations Monday night from concerned residents regarding the company's proposed commercial medical marijuana grow operation on Pinecrest Rd. in Port Colborne.

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LOCAL NEWS

■ **CLOSEUP:** Commercial medical marijuana facilities coming to Niagara

Our growing pot industry

MARYANNE FIRTH
QMI Agency Niagara

Jill Carone is not opposed to medical marijuana.

But the Niagara-on-the-Lake resident does take issue with how the drug, grown only 200 metres away from his home, has begun impacting his quality of life.

It wasn't long after a licensed legal grow operation opened on Lakeshore Rd. earlier this year that Carone, and several area neighbours, began getting concerned.

He was first alerted to the change at the greenhouse when a 10-foot-high fence was erected around the building with barb wire on top.

"Then came the 'skunky, rotten smell of marijuana,'" he recalled.

Through the cold winter weather, it permeated the air. Carone fears it will be worse come summer.

He also worries criminals will target the facility.

Carone has his doubts new regulations being instituted by Health Canada will mitigate his concerns.

The federal legislation, which regulates larger production, processing and distribution of medical marijuana, comes into effect April 1.

Licensed commercial businesses qualifying to sell the drug will be required to comply with strict operating criteria

and must conduct quality control, hire properly trained and educated staff, have an ability to register clients, provide 24-hour security and install air purification systems to reduce any odours.

While the preventative measures "sound great," Carone questioned who will be doing the testing to ensure that familiar smells does not make its way over to his property.

"I have nothing against medical grow-ops in general," he said.

If vegetables were being grown at the greenhouse and causing these issues, he said he'd be complaining just the same.

"I'm more concerned about what it brings with it than what it is."

Health Canada has approved one conditional licence in Niagara-on-the-Lake and at least seven others have been submitted.

Several other Niagara municipalities have also been put on notice that licences are being sought.

Niagara-on-the-Lake Lord Mayor Dave Eke said the federal regulations are "all intended to be of benefit to municipalities and residents."

"It's a positive thing."

Eke is concerned there has "not been a lot of information" released to the public about the federal initiative.

"We're at the bottom rung of the government, closest to the citizens and expected to know all the answers," he said.

The coming changes, he added, could have been better expressed to municipalities and the public.

"This is a strictly controlled, regulated model. Not just anyone has the ability to initiate or regulate."

Eke believes the new industry will mean "high-quality jobs," which the region is in need of.

He questioned whether the Lakeshore facility, which sits close to an existing residential subdivision, would be in compliance with the government's regulations.

The facility is "at the gateway to the community," Eke said, and looks "almost worse" than a detention centre.

"I trust the regulations will deal with this," he said.

"But first we need to see if they get their licence."

Marc Kealey is also awaiting word from Health Canada.

The president of Mullebloom Organics Inc. has high hopes for his company's application, which was submitted for a property on Pincrest Rd. in Port Colborne.

Kealey said he understands people are "legitimately concerned, because it is marijuana," but he believes it's because they're not properly

informed of the new regulations.

"Our job is exponentially important," he said.

"We have to educate the public about what's happening."

Mullebloom Organics wants to "assuage their fears," Kealey said, of residents who believe the facility may "bring nefarious or criminal activity."

Health Canada, he said, has created the new regulations to get the growing of marijuana "out of people's basements, people's apartments, places they don't know about."

"The Government of Canada is issuing licences only to qualified and bonafide businesses. We've invested a lot of money, time and expertise into this."

Kealey believes medical marijuana is a "growth industry" in Port Colborne, one that is expected to create "legitimate, long-term jobs."

Niagara, he said, has "some of the best agricultural land in the country."

The regulation changes provide opportunity for the area to "become a showcase for Canada in manufacturing marijuana for medical use."

The Pincrest property, now used for grow medical marijuana for personal use, is proposed with its commercial licence to grow 1,500 kilograms of the drug a year, enough to fill about 3,000 prescriptions.

A design is being created to

expand the facility at the back of the property and to make necessary changes to meet the federal guidelines.

Regardless of the mitigating measures put in place, Gary Dingman does not believe commercial grow operations belong in residential areas.

The Port Colborne man lives across the street from the Pincrest greenhouses — for now.

He has sold his home and is moving out of the city as a result of the intended expansion.

He moved into his "dream home" three years ago but has since felt the marijuana operation has impacted his quality of life. And he has been working alongside more than 70 other residents, to voice the neighbourhood's frustrations.

Dingman, once the victim of a home invasion in another community, suffers from anxiety. It has worsened since the grow-op opened, he said, because he fears crime in his neighbourhood will increase.

He doesn't believe the requirements imposed by Health Canada, including air filtration systems and increased security measures, will ease his worries.

Medical marijuana operations, he said, should "only be located in appropriate rural areas," away from homes.

"It's time the government stop with these intrusive poli-

cies, especially with a lack of research and accommodation."

Kealey said Mullebloom welcomes public comment and will do what it can to address concerns.

"This is new. Anytime there are new things emerging — in industry, retail, school zoning — there will always be a necessity to have the public heard," he said.

"We embrace that."

Port Colborne fire Chief Tom Cartwright credited the lakeside city for taking a "proactive approach" in addressing the new regulations. The city has begun the process to amend its zoning bylaws to regulate where the marijuana facilities can set up and to gain site plan control.

This will allow the fire department, Cartwright said, to provide more input into the proposed developments.

Cartwright said it has been his experience that illegal marijuana grow operations are experience electrical and heating issues, some even illegally obtaining hydro.

He's hopeful the new regulations will help to impede those operations, meaning the crop is being grown not only legally, but also safely.

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IMPORT NEWS

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■ ourview

40% gas hike burns consumers

What a big surprise. Enbridge Gas Distribution Inc. asks for a huge increase in rates and the Ontario Energy Board gives it a rubber stamp of approval.

Thanks a lot OEB. Speaking on behalf of all Enbridge customers, especially those families and seniors on fixed incomes who are already struggling to make ends meet — you suck.

Forgive me for not being a bit more eloquent in finding just the perfect words to express my displeasure, but there's no point beating around the bush.

This is not the time to be graceful of style. William Shakespeare might have phrased it this way: "Friends, Romans, countrymen, lend me your ears. Once again we must suffer the slings and arrows of outrageous natural gas, hydro, and new armoured suit prices!"

All joking aside, there's nothing funny about the fact the average family will be paying about \$40 more on their natural gas bill next year.

For some, that just might be the final straw of no longer being able to afford to live in their homes.

In any type of negotiation it goes to reason that someone will ask for more than what they expect to get. That way there's a bit of wiggle room.

Not in this case. It was a matter of ask and you shall receive.

Enbridge asked for a 40% increase and OEB gave them 40%. That's a nice round figure, why haggle or a measly 10, 20, or 30%. The company didn't even go through the motions of asking for 40 and giving them 40 or 30 or even 35. At least it would have left consumers with the impression it was a tough, difficult decision, there was nothing else that could

be done, so it's a matter of pay up or freeze your butt off next winter.

And let's not forget to add the HST on top of all that because it just might leave some folks with change in their pockets when everything is said and done.

Sure, Enbridge blames it on the fact it was an exceptionally cold winter and the supply of cheap gas has run out and now it has to purchase more at a new higher price.

If it had been a mild winter, we probably would have heard the company didn't sell enough natural gas, so it had to jack up the price to make up for what it didn't sell.

Isn't that the excuse we hear every time they increase the cost of our drinking water?

Admittedly, I don't know much about the Ontario Energy Board, but it has a section on its website that talks about consumer protection. It says the board has a number of rules to make sure energy consumers across Ontario are treated fairly.

Really?

Gosh, I would hate to think what would happen if they were not looking after our collective best interest.

The OEB has a consumer relations centre on its website for anyone who has a question or a complaint.

Here is the link in case anyone is interested:

<http://www.ontarioenergyboard.ca/ocb/Consumers/Relations%20Consumer%20>

Relations

Here's my suggestion, take that 40% increase off the paycheques of anyone who is connected with the Ontario Energy Board.

Why stop there. Get rid of the board, who needs them?

tonyrciuri@sunmedia.ca

What is Worship?

PASTOR MICHAEL MELES
Faith & St. Peter's Lutheran Churches,
Dunnville & Port Colborne

Have you ever seriously considered this question? Most people either don't think about worship at all, or simply focus on what worship they enjoy. But what is worship? Worship always has an object, and that object is a person's God (or god). So let's begin right there: what is a god? A god is what you fear, love or need most in life. Christian worship one God who is Father, Son and Holy Spirit. A god may be an idol or statue, it may be acquiring and keeping money, it may be family, exercise and a healthy lifestyle, or it may be yourself, your thoughts and desires; it may be death, things in nature, spirituality or modern theories of science. Every person who ever lived or ever will live worships at least one god.

This general understanding of worship relates to God's First Commandment, "You shall have no other gods." This command directs every Christian to fear, love and trust in the one true God above all things. It also reveals every Christian as a sinner, for everyone, from time to time or frequently, fears, loves or trusts someone or something more than God. Everyone breaks this and every Commandment by what is thought, said or done — not just by doing, but also by thinking and speaking. Jesus explains this clearly in His Sermon on the Mount (Matthew 5). For this reason everyone needs forgiveness, always, and that brings us back to worship. For the Christian,

and in the prayers (Acts 2:42; Ephesians 2:19-22). On that day Jesus created His Church with all the basics of the Christian Faith: the preaching of Law and Gospel, repentance and forgiveness, Holy Baptism for the forgiveness of sins and for receiving the Holy Spirit, the Lord's Supper and prayer (Acts 2:39-42).

Christian worship is from God. Jesus has not left us as orphans, but comes to us by the Holy Spirit's work in His Word and Sacraments. The highest worship in the Gospel is the desire to receive from God forgiveness, life and salvation from Jesus. For this reason the liturgy, hymns, readings and sermon are all biblical and Christ-centred. Christians must abide in God's Word in order to know the Truth and be freed from sin, death and the power of the devil (John 8).

Then, having received these gifts through the hearing of His Word read, preached and taught, and through the receiving of His body and blood in the Lord's Supper, we respond with prayer, praise, thanksgiving and song. Christian worship is first Divine Service, when God serves us with His Word, then it is something that we do in response to His goodness. Also part of Christian worship is the gathering together of God's children in order to support one another and stir up love and good works (Hebrews 10:19-25).

This is the biblical shape and form of Christian worship. It is the good gift of our loving God for our benefit here and now, and for our eternal life in heaven.



Top hat ceremony delayed

Signs of breaking up this week, which has delayed downbound ships. The first is not expected to pass through Port Colborne until sometime next week.

A date and updated time for the delayed ceremony at Lock 8 park has not yet been set.

Residents are asked to look for updates as to when the event will take place at

www.portcolborne.ca.

St. Lawrence Seaway Management Corp. still intends to celebrate the opening of the canal on Friday with its annual ceremony at Lock 3 in St. Catharines beginning at 10 a.m.

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Walkathon a step toward cenotaph

Wainfleet Lions have organized a Saturday, May 10, walkathon to raise funds for Wainfleet's first cenotaph.

The 9:30 a.m. event will start and end at the Wainfleet Firefighters Memorial Hall. Schools and churches have been invited to participate.

Pledge sheets are available at the township office, library, Wainfleet Avondale Donut Diner, Jackson's Auto Body and Wellandport Home Hardware & Farm Supply Store. Income-tax receipts will be issued for donations of \$10 or greater.

Wainfleet's cenotaph committee has finalized the design of the cenotaph and landscaping and has only fundraising left to complete. Less than \$10,000 remains to be raised.

For more information, contact the Lions Club's Martin VanGool at 905-835-8423 or George DeRuyt at 289-620-6163.

Catholic award for late school board founder

The late Msgr. Matthew Clifford, a parish priest throughout Niagara who played an integral role in the creation of the Welland Roman Catholic Separate School Board, is the 2014 recipient of the Niagara Catholic Education Award of Distinction.

Clifford was born in St. Catharines in 1918 and ordained in 1943. He died in 1989.

Clifford was pastor of St. Mary Church in Welland when he became involved in

meetings to lay the groundwork for the Welland school board. He was its first chair, from 1953-55.

He later served as a trustee for the Niagara Falls Roman Catholic Separate School Board. Following amalgamation in 1963, Clifford served as a Niagara Falls trustee for the newly created Welland County Roman Catholic Separate School Board, a position he held until he was relocated to St. Denis Parish in St. Catharines. He served three terms as a trustee for Lincoln County Roman Catholic Separate School Board in St. Catharines.

Among his areas of interest were early school learning, education goals and teacher-trustee relations.

In 1977, Pope Paul VI elevated Father Clifford to Msgr. Clifford. Three years later, he received the Ontario Catholic School Trustees' Association's Bernard Harrigan Award of Merit.

Monsignor Clifford's final assignment was to St. Julia Parish.

NHS celebrates its best people

Niagara Health System has honoured its best employees with a round of awards.

Mike Duck, a member of the Greater Niagara General Hospital physiotherapy team, took the top honour Thursday — for the 2013 President's Award of Excellence — for his patient-centred approach to caring for patients and families. His relationship-building abilities and his supportive leadership style, positive attitude and active participation in enhancing the quality of physiotherapy services at GNH. Six additional awards were presented to NHS employees who were nominated by their peers. Recipients are:

■ Focus on those we serve: Wanda Hope, Welland, PACS system administrator,

diagnostic imaging;

■ Build strong and successful relationships: Marg Todd, Welland and Port Colborne, manager of health records and patient registration;

■ Bring out the best in each other: Scott Chambers, GNH, registered practical nurse;

■ Bring out the best in each other: Terry Parker, St. Catharines, registered practical nurse;

■ Use our resources wisely: Nancy Aedy, St. Catharines, registered nurse;

■ Compassion, professionalism and respect: Susan Kennedy, St. Catharines, accounts receivable clerk.

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FOOD FESTIVAL: Port Colborne to rebrand event

Flavours on hiatus for 2014 as staff makes rebranding effort

MARYVONE FIRTH
(M) Agency Niagara

Flavours of Niagara is on hold while Port Colborne city staff figure out how to spice up the food festival.

City council approved a one-year hiatus Monday night after looking at significant changes to the event's structure.

It was recommended the festival, traditionally held over the Canada Day long weekend, be

reduced to two days and held in mid-June. A format change to focus on food trucks and country music was also suggested.

Ward 2 Coun. Angie Desmarais didn't feel the festival's committee would be ready to roll out its new look in just 12 weeks.

"It's a stab in the right direction, but that's not what we need. We need to nail it," she said.

In order to rebrand the festival, "you need separation between old and new," said Ward 2 Coun.

Yvon Doucet.

"Take a one-year hiatus and instead work to create a more comprehensive culinary event for 2015."

In its first few years, Flavours was geared more toward wine, jazz and blues.

"All of a sudden we got away from that and we lost our verve," said Ward 1 Coun. Dave Elliott, who felt the suggested pairing of food trucks and country music didn't seem to mesh.

"If we go with a food truck line-up, and it seems that's where we want to go, we need to look for a style that complements the food trucks."

Barbara Butters disagreed. The Ward 4 councillor said she's had enough of jazz and blues and believes a country theme will set Flavours apart from other Niagara events.

With a year off, staff will have time to get a corporate sponsor on board and sort out the identity of the festival, Elliott said.

"It we're going to go for two days, we need to get it spot on,"

he said.

"We're behind the eight ball right now."

Planning had begun for the 2014 festival, but details, including entertainment and vendor listings, had yet to be solidified. Mayor Vance Badaway was not in support of putting Flavours on hold.

Staff are kept busy readying the city's festivals throughout the year, he said.

"If we start dropping events, we should start dropping expenses."

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■ **PETER KORMOS:** Welland's 'cultural icon' remembered a year after his death

'They're never going to forget you'

GREG FURNIMMER
InPort News Staff

Peter Kormos, it's a name, and a personality, that won't soon be forgotten.

"He's a local cultural icon," said Welland artist James Takeo. He represents that fierce pride that's in this community.

Takeo, who is co-ordinator of this year's Welland Rose Festival juried art show, has assembled a collection of local images that pay tribute to the maverick who one year ago March 30 was found dead at his Bakl St. home at the age of 60.

Takeo, who sold a pencil drawing of Kormos to someone from outside Niagara at last year's festival, heard through the grapevine that others have been immortalizing the politician in art.

"I knew I couldn't be the only one," he said.

Their artwork is now on display at the festival office on East Main St., alongside Takeo's large painting of a Kormos in his earlier day in politics. The collection "is a celebration of the legacy he's left behind," he said.

On Saturday morning plans were unveiled for a new Welland Market Court on Division St. The gateway to market square is to include a water feature in which will be set a pair of bronze cowboy boots, a constant reminder of the man who was all-things Welland.

"Nobody's ever going to replace him, and we want his memory to go on forever and ever," Dan Fortier told a market

audience.

Fortier, who was appointed from city council to fill Kormos's vacant regional council seat, on Sunday planned to erect the New Democrat's old election signs on the front yard of his Colbeck Dr. home as a tribute to the great orator and champion of social justice causes.

"Politically, said Fortier, 'I've got big bones to fill.' In her roles as a city councillor, mayor and, too, an advocate for the struggling working class and poor, Cindy Forster forged a strong bond with Kormos over two decades.

"I always said he was my date for 20 years. We both had the same calendar," Forster said.

He was always the voice of the taxpayer, and didn't care who he ticked off in the process."

He became very well known across the province. And opponents could always count on him for a clever sound bite.

And so could his political peers.

"I think there was an expectation that they were going to hear from Peter on each and every issue," said Forster, Welland riding's MPP.

Just last week, she noted, as NDP Leader Andrea Horwath was raising the matter of the impending Enxerg Tube steel plant idling in Welland, a member of the Tory caucus blurted out a remark about Kormos's absence.

"What I heard was 'Kormos would be reacting about this if he was here,' Forster said.

She remembered that when he resigned from provincial politics in 2011, he questioned aloud how long it would take for people to forget about him.

"I said, 'They're never going to forget you.'"

Just as he would not forget them during his regular visits to the farmers' market, or during his handshaking along the Rose Festival parade route.

"Peter was unique as a politician for the city of Welland. (His death) has left a big void," said Ward 5 Coun. Rocky Letourneau.

"He knew everybody by name."

His 'greetings' would almost always start with "Howdy."

Malcolm Allen misses that about his friend of some 20 years.

He also remembers the talk he had with Kormos that encouraged him to fill Forster's vacancy in Niagara Region council chambers—a seat swap it came down to.

"I told him, 'You have a role to play in local politics.'"

Kormos, he said, will always be missed during the region's annual "Niagara Week" sessions

at Queen's Park, when local officials head to Toronto to meet with various ministry representatives. Kormos would have been able to point out who to speak to, and who to bypass.

"He really knew all the inside players and knew how to get the region on the map."

Allen said Kormos's oratory skills could elevate the profile of any issue.

"When he spoke, people stood up and took notes."

For one regional councillor from St. Catharines, Kormos was both a sparring partner and a close friend.

"I've got to say, selfishly, I miss him as an ally at the region," Andy Petrovski said.

The two men would regularly compare notes over the phone, be it in preparation for a Thursday night debate in Thorold or for their short-lived CKXT radio show *The Region*.

He, too, like many people who reflected on the anniversary of Kormos's death this past weekend, remarked how the politician's trademark "Howdy" greeting is sadly gone.

"He was also a person who would use the word 'kindly' a

lot," he noted.

In the short time he knew the tireless advocate, Petrovski came to learn much about him, including his ability of speed reading.

"I think the greatest stories of Peter will never be told," he said, wishing he could have learned more about the private side of the man.

The death of Kormos "was probably one of the more significant deaths of the past year in Ontario," he said.

"He was a maverick for the people."

"We need more mavericks like Peter Kormos in government holding people accountable."

"He was a rebel with a cause—and the didn't have one, he'd find one."



GREG FURNIMMER/MI AGENCY NIAGARA

Welland artist James Takeo holds his artwork of Peter Kormos now on display with other images of the iconic politician at the Welland Rose Festival Office on East Main St.

Announcement



Heather Price, RIBO

Sandy White, Branch Manager of Whites' Insurance Brokers together with Mark Sherk, President of The Verge Insurance Group are pleased to announce that Heather Price has moved into a Personal Lines Sales role with Whites' Insurance Brokers. Heather has been working in the insurance industry for over 10 years. In her previous role with Whites' she managed customers' insurance portfolios. Heather resides in Port Colborne and has strong roots in the community. She is looking forward to putting her insurance experience and knowledge of the area to work in creating customized insurance portfolios. Heather is located in the Whites' Insurance Brokers office at 45 Clarence Street West in Port Colborne. For Insurance Advice you can count on contact Heather Price today!



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St. Catharines - Day Program Lifetime Learning Centre 535 Lake Street - Room 104	Wednesday, April 9, or Wednesday, May 7 1:00 p.m.
Niagara Falls - Evening/Wknd Oakwood Park Lodge 6747 Oakwood Drive - Garden Room	Saturday, April 12, or Saturday, May 10 10:00 a.m.

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■ **POLITICS:** Some leftovers and a taste of what's to come

Samples served up at mayors' luncheon

MARYNNE FIRTH
InPort News Staff

Mayors of the region's six southern-most communities came together last Friday to talk about not only the Niagara of today, but also the Niagara of tomorrow.

During the Southern Tier Mayors' Luncheon, the community leaders — Welland Mayor Barry Sharpe, Port Colborne Mayor Vance Badawey, Pelham Mayor Dave Augustyn, Wainfleet Mayor April Jeffs, Fort Erie Mayor Doug Martin and Niagara Falls Mayor Jim Diodati — highlighted efforts underway in their respective communities focused on creating a more business-friendly Niagara.

The event, held at Riverstone Event Centre in Welland, was

hosted by Welland-Pelham, Port Colborne-Wainfleet, Greater Fort Erie and Niagara Falls chambers of commerce.

Topics touched on included the Pan Am Games and World Dragonboat Championships, both to be held in Welland in 2015; the east Fonthill development plan that will see 450 acres of land developed for commercial and residential use; construction of the Canadian Motor Speedway in Fort Erie, set to break ground later this year; Port Colborne's 1,000-plus acres of developable economic gateway employment lands, for which incentives are available for investors; Niagara Peninsula Conservation Authority's recent purchase of 15 acres of public-use beachfront property in Wellfleet, for which public input is being sought; and the potential for Niagara to become the connection between high-speed rail links being constructed in New York City and Toronto.

Augustyn closed the luncheon by asking the hundreds of business representatives in attendance to share their knowledge and opinions with Niagara Region, which has undertaken a new initiative focusing on the region's future.

The gathering of public input has already begun for Imagine Niagara — intended to create a vision for the region 50 years down the road.

marynne.firth@sunmedia.ca
Twitter: @mfrth18nue

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■ **TOP HAT CEREMONY:** First upbound ship of season passes through Welland Canal

Seaway opens, Equinox steals the show

GRANT LAFLECHE
QMI Agency Niagara

The first time he stepped onto the bridge of the *M.V. Equinox*, Captain Ross Armstrong was overwhelmed.
It wasn't his first command. Armstrong

has been the skipper of ships since 1986. It's just that the *Equinox* is different. The *Equinox* is state of the art.

She can haul more cargo across the Great Lakes consuming 45% less fuel than her older counterparts. The ship has exhaust scrubbers that prevent 97% of sulphur oxide emissions from being released into the air.

"Everything is integrated," Armstrong said. "It was a bit much at first. But once we got in there and started breaking it down and getting used to it, it was great. Being the skipper of the *Equinox* is quite the feather in

my cap right now."

The ship was moored near the St. Catharines Museum at Lock 3 Friday morning for the annual top hat ceremony.

Port Colborne's top hat ceremony, for the first downbound ship, has been postponed. Armstrong, as the captain of the first upbound ship to come through the locks, was awarded the ceremonial top hat in a tradition that stretches back more than 100 years.

See SEAWAY Page 13



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Our heart is like the engine of our body. Without fuel, it will not work; without maintenance and regular use, it will not function properly; and if you look after it, it will last for many years without the need for repair.

The fuel for our heart is the food we consume. Healthier food choices will result in a healthier, stronger heart.

Here are five easy ways to improve your diet:

1. COOK WITH LESS FAT – STEAM, BAKE, BROIL, or GRILL MEAT, POULTRY or FISH INSTEAD OF FRYING.
2. EAT MORE VEGETABLES AND FRUIT – ADD THEM WHEREVER YOU CAN: SOUPS, SAUCES, STEWS, FRESH, FROZEN OR CANNED ARE ALL HEALTHY CHOICES.
3. USE LESS SALT – TRY TO AVOID ADDING SALT WHEN COOKING AND ALWAYS TASTE YOUR FOOD BEFORE SHAKING THE SALT OVER IT. TRY FLAVOURING YOUR FOOD WITH HERBS, SPICES, GARLIC, OR LEMON JUICE INSTEAD.
4. COOK WITH MORE WHOLE GRAINS – USE BROWN RICE, WHOLE WHEAT FLOUR, AND WHOLE WHEAT PASTA. IN RECIPES WHERE YOU WOULD NORMALLY USE THE WHITE VERSION, ALSO, INSTEAD OF QUICK OATS, USE WHOLE ROLLED OATS AS THEY ARE THE HEALTHIER OPTION.
5. DON'T MISS OUT ON FIBRE – EAT THE PEEL WITH THE APPLE OR THE SKIN OF A BAKED POTATO FOR EXTRA FIBRE AS LONG AS THEY ARE WASHED. YOU COULD ALSO ADD RINSED, CANNED BEANS TO RECIPES FOR A FIBRE BOOST!

Daily physical activity is the regular use that your heart needs to continue functioning properly. According to Canada's Physical Activity Guidelines, adults 18+ should be doing a total of at least 150 minutes of aerobic activity each week. Aim for about 30 minutes of exercise on most days of the week. Activities may include brisk walking, bike riding, dancing, or jogging. The best way to get started is to incorporate physical activity into your daily routine. Take the dog for a brisk walk around the block, spend a day at the park with the family on the weekend, or dance parties on your own in your living room.

Along with a well-balanced diet and daily physical activity, your heart needs a check-up every once in a while. Your doctor can check your weight, blood pressure, cholesterol levels and blood sugar during an appointment to see that your heart is in good working order and may make recommendations to you based on the results.

Drinking too much alcohol, smoking and high levels of stress can also have negative effects on the heart. If you drink alcohol, limit your total to no more than two drinks a day for women or three drinks a day for men. If you are a smoker, the sooner you become smoke-free, the sooner your body will recover. Talk to your pharmacist about ways to kick the habit. Everyone experiences the feeling of being stressed at some point or another, but the key is how you handle it. It may be as simple as taking a few deep breaths for some people, while others may do daily meditation or practice yoga to remain stress-free. Taking time for yourself each day to do something you enjoy is another way of keeping your stress level to a minimum. Find a new hobby, activity or project that you might enjoy doing either on your own or with friends.

Many people will already be doing one or more of these things to look after their hearts, and that is great, but it is still important to take a bit of time, don't worry because of course, you do not have to make all of these changes at once! Decide to make one change this month and maybe add another next month. Before long, you'll be right on track to keeping your mind, body and heart happy and healthy.

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■ SEEWAY

Captain was overwhelmed with first voyage

From Page 12

But that unbroken link to the first days of the first Welland Canal, and all the official talk about how many millions of tonnes of cargo are moved through the Great Lakes system each year was not enough to steel the head from the massive ship.

"Of course the top hat

ceremony is important. It is something the ship owners participate in every year in turn, but for us this is really special, having the *Equinox* here," said Greg Wright, CEO of Algoma. "This represents the future of shipping for us and, although I might be a little biased, the future of shipping on the Great Lakes.

She's the most efficient and environmentally friendly ship on the lakes."

Lawrence Bowles, president and CEO of the sawmy corporation, said the old system of wires to moor ships on the lakes have been replaced by a hands-free system using "vacuum pads"



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President Lubert Doornekamp (right) receives refund cheque from Vice-President Lloyd Roseboom (left) at Bertie and Clinton's head office.

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The company is run by nine directors who are elected by the policyholders at the Annual meeting. Each of the nine directors are elected for a three year term, with three being elected each year. At the annual meeting held March 25, 2014, David Gill, Phillip Lambert and David Wiley were re-elected for three year terms. Lubert Doornekamp of Port Erie will serve the company as President for 2014-2015 and Lloyd Roseboom of Port Colborne was elected as Vice-President. Rachael Siciliano of Welland is the General Manager.

Bertie and Clinton Mutual has agents throughout the Niagara Peninsula. If you own a farm in the Niagara Peninsula or for any other general insurance needs please contact us at



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Twenty-five evacuated after Port gas leak

ALLAN BENNER
QMI Agency Niagara

As many as 25 people were evacuated from two buildings at the intersection of Elm and Killaly Sts., after a natural gas pipe was ruptured at about 2:35 p.m.

The odour of natural gas was apparent for several

blocks to the east of the leaking two-inch diameter pipe, damaged by a construction project at the intersection, said Port Colborne fire prevention officer Mike Bendia.

Bendia said the occupants of the Remax building and an adjacent apartment building were evacuated.

Enbridge spokeswoman Chris Meyer said the gas was "safely venting to the atmosphere," posing little risk of ignition.

"Our crews were monitoring it carefully with emergency responders while they worked towards stopping the leak," she said.

A hydro-excavation truck

from Port Colborne contractor Bob Robinson and Son Construction was called in to bore holes to the buried pipe on either side of the rupture.

Bendia said the holes allowed Enbridge staff to crimp the pipe and stop the flow of gas and "make sure it stops."

Meyer said the leak was stopped by about 4:30 p.m., and Enbridge workers

remained on site to repair the damaged pipe.

"I understand that there were no premises in the area that temporarily lost natural gas service as a result of the damage," she added.

allan.benner@qmi.ca
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"Beatlemania 50th Anniversary" Show Coming to Roselawn Theatre

Calling all Beatles fans!! 50 years after their famed appearance on the Ed Sullivan show, the look, sound and excitement of The Beatles live performances will be recreated at the Roselawn Theatre in Port Colborne on Saturday April 26 at 8:00pm. "Beatlemania: The 50th Anniversary Show" features a combination of talented European and North American cast members in the roles of John, Paul, George and Ringo, with a special appearance by "Ed Sullivan".

Leading the cast is the incomparable Ian Garcia, best known for his stunning portrayal of Paul McCartney in the Broadway show "Rain". Ringo Starr will be played by UK native Mark Matthews, now a Canadian citizen and recent Juno Award winner, while Bill Black, best known for his work with Herman's Hermits stars as George Harrison, and European Colum Herry plays John Lennon to perfection.

All songs in "Beatlemania: The 50th Anniversary Show" are performed "note for note" by the amazing cast members who are further augmented with full costumes, vintage instruments and equipment. The performance begins with their famous 1964 appearance on the Ed Sullivan television show and includes multiple costume changes and hit songs from every era of "The Beatles" extensive catalogue.



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Tickets to see "Beatlemania: The 50th Anniversary Show" at the Roselawn Theatre in Port Colborne on Saturday April 26 at 8:00pm are value-priced at only \$30, available by phone # 905-834-7572 or pick up at the Roselawn Theatre box office located at 296 Fielden Avenue. It is recommended that ticket buyers call early to ensure the best seats.



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NEWS RELEASE - For Immediate Release

RE: Niagara Lifestyle Home Show - Seymour-Hannah Sportsplex
240 St. Paul St. W., St. Catharines, April 4 to 6, 2014

The region's #1 Home Show the 27th annual Niagara Lifestyle Home Show is just about ready to roll for another great year! The show spans two NHL size arenas and is full of great bargains for home and lifestyle. The home show dates are April 4 to 6 at St. Catharines' Seymour-Hannah Sportsplex at 240 St. Paul St. W. The new multi-million dollar facility has lots of close, free parking, is wheelchair accessible, is clean, new and bright and it has a terrific restaurant inside!

Friday is a very special day for seniors at the Home Show! Right from the Grand Opening at 1 p.m. seniors will receive 1/2 price admission all day Friday as part of the "Salute To Seniors" day. Minimum charge for seniors is \$2.50 (coupons and other promotional offers are not valid in conjunction with the seniors discount)

To celebrate the 27th anniversary of the home show in St. Catharines one lucky visitor to the show will win a fantastic electric bike valued at over \$2800, courtesy of GoGreen Eycles! Other great prizes to be won include: one of two prizes of a one cubic yard of rich garden mix soil delivered to your home courtesy of Ridgeview Garden Centre. Plus much more.

Returning as a major sponsor of the show is Reliance Home Comfort who will also be exhibiting at the show and offering tremendous deals on new high-efficiency air conditioners and furnaces. Saving money on our heating/cooling bills and gas bills can be quite significant with new equipment.

A brand new sponsor this year is Bell Fihe. Come experience the best TV service - Fihe TV - now available in St. Catharines! Look for their booth just inside the show entrance.

Another new addition to the show is The Incredible World of Bugs display featuring the Butterfly Man, John Powers and sponsored by Orkin Canada. Kids and adults alike will love it!

One of the many new exhibitors at the show is Accu-Lock who are featuring reduced prices on home, fire and burglary safes. Located near the show entrance in booth 200 they will have security experts on site to answer questions about locks and alarm systems plus enter to win a home safe!

The Home Show is the place to come and discover everything that is new and exciting for your home for 2014. It spans two huge NHL size rinks full of everything imaginable for your home. When you come into the building the home show this spring is in the two rinks to the left instead of the two rinks on

The 27th ANNUAL NIAGARA Lifestyle Home Show.

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the right) You can check out the latest trends and take advantage of some terrific one-time show specials that can really save you money. All in one convenient location for one weekend only!

The Home Show is very proud to have two official media sponsors again this year - The St. Catharines Standard Newspaper and 105.7 FM - EZ Rock.

Local exhibitors have been working hard planning and building their exhibits for this once-a-year annual reunion of the Niagara Region's premier home-related firms. As well as seeing the cream-of-the-crop of local companies it is also a place to shop, compare and save! You can see and compare quality and workmanship and make an informed buying decision at the show.

The Grand Opening of the Home Show is Friday, April 4 at 1 p.m. "A lot of home owners prefer to come on Friday because there is more room to move in the aisles, selection is excellent and exhibitors are fresh because the show has just opened," stated Jenkins. The local economic impact of a successful home show like the Niagara Lifestyle Home Show is huge. Millions of dollars in business is generated by local companies exhibiting which directly translates into hundreds and hundreds of local jobs. The show provides a tremendous boost to the economy and to the improved lifestyle of the entire Niagara Region.

Watch for the Home Show Strollers Band who invite you to sing along and make request!

Some of the hundreds of products and services you'll see at the Niagara Lifestyle Home Show include: replacement windows and doors, landscapers, furnaces, air conditioners, roofers, home builders, kitchen and bathroom renovators, cooking demonstrations, garden centres, patio covers, lumber yards, home security systems, a terrific Silent Auction section with donation made to the Canadian Diabetes Association, locks and safes, Bolo massage chairs, basement waterproofing, shutters, ribbed/surfacing, direct to home groceries, seniors residences, foam insulation, silk art, bamboo pillows, concrete lifting service, equipment rental companies, Niagara Smoked Meats, fudge, electricians, cottages, recycling options, awnings, real estate, decks, fencing, gazebos, retaining walls, curbing, City of St. Catharines building department and City services, lawn services, Cogeco, spas, upholstery, cookware, resorts, bathtub refinishing, custom carpentry, flooring, door screens, sunrooms and solariums, hot/water, air filtration, painters, plumbers, Direct Buy, siding, skylights, window coverings, water filtration, bathroom accessories, fireplaces, chiropractors, banking, RRSP advice, and some terrific demonstration products.

Reliance Home Comfort is also supporting an important

public awareness campaign about misleading door-to-door sales tactics. Some homeowners are being pressured to replace their water heaters unnecessarily by sales people claiming they are Reliance representatives but are not. Homeowners are being offered "deals" that may trap them in long term contracts with punitive exit fees.

Show hours are Friday April 4, 1 p.m. to 8 p.m., Saturday April 5, 10 a.m. to 5 p.m., and Sunday April 6, 10 a.m. to 5 p.m. General admission is \$5, admission for youths 13 to 18 is \$2 and children 12 and under are admitted free when accompanied by an adult. Seniors are 1/2 price on Friday only.

There is more than ever to do at this year's Niagara Lifestyle Home Show - listen to the strolling band, compare prices from the many exhibitors and book your services before these companies get booked for the season.

A limited amount of exhibitor space is still available. Information about becoming an exhibitor in the Home Show is available by contacting Sharon or Dave of Jenkins Show Productions at 1-800-465-1073. See you at the Niagara Region's number one Home Show event - April 4 to 6 the 27th annual Niagara Lifestyle Home Show in St. Catharines! Discount coupon available at virtualhomehows.ca or check your local newspaper for the 2 for 1 virtual admission coupon.

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For additional information contact Dave Jenkins at 1-800-465-1073.



**OPENING
APRIL 4TH
1 P.M. - 8 P.M.**

The
27th ANNUAL
NIAGARA
Lifestyle Home Show
2014

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home comfort™



**Chance to Win A
\$2800 Electric Bike,
Courtesy of GoGreen
Ecycles**

Double Your Fun!

Bring a non-perishable food donation to the Home Show to help out Community Care of St. Catharines and Thorold and double your chances of winning thousands of dollars in great prizes! At the show entrance you will receive two entry ballots for the contest!

community
care
of st. catharines and thorold

**The Region's #1
Home Show is Ready to Roll**



Prizes include:

- a \$2800. electric bike courtesy of GoGreen Ecycles
- one of two prizes of one cubic year of rich garden mix soil courtesy of Ridgeview Garden Centre (over \$100. each)

**COME SEE LOCAL HOME IMPROVEMENT EXPERTS!
SHOP FOR TERRIFIC ONE TIME HOME SHOW SPECIALS!**
Seymour-Hannah Sports & Entertainment 240 St. Paul St. W. St. Catharines

- Artwork
- Safes
- Locks
- Awnings
- Electricians
- Foam Insulation
- Fencing
- Recycling
- Electric Bikes
- Spas
- Sunrooms
- Windows & Doors
- Roofing
- Landscaping
- Garden Centres
- Kitchen Renovations

- Lumber
- Lawn Care
- Water Filtration
- Bottled Water
- City of St. Catharines
- Retaining Walls
- Decking
- Skylights
- Estate Planning
- Furnaces
- Air Conditioners
- Shutters
- Water Proofing
- Silent Auction
- Chiropractors
- Investment Advice

- Upholstery
- Painters
- Rubberized Surfaces
- Patio Stones
- Sheds
- Home Security
- Flooring
- Countertops
- Northern Resorts
- Bricks
- Cogeco
- Plumbing
- Cookware
- Duct Cleaning
- Bathroom Renovations
- Investment Properties

Before or after
the show you can
always contact
exhibitors at
virtualhomeshow.ca



Enter online to win
a \$1000 romantic
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LOTS OF FREE PARKING!